

Joie Cheatham
Snowfire3@yahoo.com

March 21, 2022

Interim Committee

Law and Justice -Criminal

Visitation: Extend visitation beyond 2 hours. Long drive short visit.

Lower telephone costs and video calls to make it more affordable to all inmates and their families. Calls at Crossroads are .12 per minute and video are \$4.50 flat rate.

Up grade meals to be more nutritious. Crossroads is not keeping to MSP specifications. General populations food consists mostly of rice, noodle, turkey, turkey. Pepper steak actual red meat. Vegetables are over cooked to mush. Milk is only served at breakfast which is at 4 Am. Breakfast is the only time for the best chance at protein. The same menu is repeated over and over again. There is a food sale in which inmates may purchase a hoagie if they can afford it. Fresh fruit is mostly always apples and sometimes oranges. No coffee or milk served. Inmates get a nice holiday meal.

The Hebrew menu consists of mostly soy. Out of a 14 day period 6 days are entree's which means a soy based food not meat. Eating soy based food is ok in moderation. Eating it over and over again in a routine can be a carcinogenic. Turkey and mashed potatoes is served on one of those days. Vegetables consist mostly of fresh sliced bell pepper, sliced tomato and fresh chopped onion. Sometimes these vegetables are very sparse. Bread is also served. There is no coffee or milk served. This menu is repeated over and over again. Hebrew's do not get holiday meals which is Kosher food. MSP Hebrew inmates are sent back to housing to eat their meals so they can perform their meal rituals before they eat their food and eat in a kosher clean area. Crossroads does not follow MSP in this matter and Hebrews must eat in general population area.

Inmates supplement their diets with food items from commissary. Muslim's can do ok with commissary but the Hebrew's cannot. There is no meat, cheese or bread that a Hebrew can eat on commissary. There is tuna but some are allergic to fish. There are no vitamins. Some items on commissary are kosher but they are not specified before purchase. These items are treat foods not nutritious food. A Hebrew addition to commissary would be appropriate.

A past warden had implemented a plan for the inmates to grow their own vegetables which would be good to supplement the inmate's diet providing the vegetables are not cooked to mush. Working outdoors and working the earth would also be good for the inmates. The warden had left his position at Crossroads before this plan could get started.

The water at Crossroads is very bad. Inmates are only allowed to buy 8 bottles of water. The water at Crossroads has the potential to be carcinogenic. *EWG.ORG*

The beds are attached to cement blocks on outside walls. The beds are made of steel. This makes the inmates beds miserably cold in the winter months.